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**Training & Coaching - Mobilizing leaders to plant and sustain safe, core issue recovery groups with a sexual addiction specialty.**

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## **L.I.F.E. Recovery Guide - Sample Pack**

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- L.I.F.E. Recovery Model
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- L.I.F.E. Guide Annotated Table of Contents
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- L.I.F.E. Guide Principle and Assignment GRID
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**L.I.F.E. RECOVERY**  
INTERNATIONAL

The LRM,  
**L.I.F.E. Recovery Model**

Contents

- **Elements of the Addictive Condition - An Introduction**
- **The Purpose and Overview of the LRM**
- **The First Year of Recovery**
- **Building on the Recovery Continuum**

# Welcome!

Thank you for taking the time to view this L.I.F.E. Recovery Model (LRM). What you are about to read is a compilation of “Best Practices” for addiction recovery from practitioners, group facilitators and those who have implemented these practices to successfully *Live In Freedom Everyday*. L.I.F.E. Recovery International is dedicated to continually provide proven addiction recovery information from a biblical and clinical basis. We hold great expectations for those who view this model and follow its practices.

*May God richly bless your efforts.  
L.I.F.E. Recovery International*

Established in 2000, the Lord has equipped L.I.F.E. Recovery International with excellent materials written by the foremost authorities in sexual addiction recovery. The **LRM**, L.I.F.E. Recovery Model, written by Sue Moore, S.A.S., is fully endorsed by Mark Laaser PhD, the foremost Christian authority on sexual addiction recovery, a national board certified Christian counselor and a member of the Advisory Board for L.I.F.E. Recovery International.

## Elements of the Addictive Condition An Introduction

### **SPIRITUAL DOCTRINE:            If God can heal disease then He can heal me!**

As a Christian, you may be wondering why you should submit yourself to a “man-made” recovery program. Why not, instead, spend your time praying for an instantaneous deliverance brought about by an outpouring of God's power? After all, the Bible speaks of the POWER of the Holy Spirit that works within you, the Bible says that God did not give you a spirit of fear but of POWER, the Bible says that the same POWER that raised Jesus from the dead resides inside you...so why the need for a PROCESS?

Well, this is a very fair question with a very simple answer. The truth is, nearly every addict that comes to our ministry has been praying intensely and often for God to deliver them from their addiction. This is a good thing to do and therefore it is something we encourage. God DOES pour out His power to bring healing to addicts. His power to heal addictions, however, does not strike once like a lightning bolt; it flows continually like a river. It is a power that can only be experienced through simple, authentic Christian fellowship. It requires the conduits of transparency, confession, debriefing, and relearning - all of which can only be experienced through community. So it's not a question of power vs. process; it's an embracing of God's power *through* process.

God often heals cancer and other physical ailments instantaneously because doing so does not compromise the overall health of our physical body. In the case of addiction, however, an instantaneous healing *would* compromise our overall emotional and mental health. Such an experience would teach us that our deepest emotional conflicts (that are at the core of our addictive condition) can be healed in isolation and this is not possible. This would be a lesson that is counter-productive to God's design for us, as He has created us for intimacy – with Himself, with His Son Jesus and with each other. We were wounded in relationship; therefore God has chosen to bring healing through relationship. Of course He could bring instant relief of the craving, but years of experience and biblical evidence indicates that He has chosen to bring wholeness through our active participation in a transparent Christian community. If in this transparent environment we address core issues that have hindered our spiritual maturity we will remove the tendency to switch addictions altogether. We will talk more about this later. Meanwhile, welcome to a L.I.F.E. Time of recovery!

### **FAMILY SYSTEMS:            This looks familiar...**

If there is one thing you need to understand about addiction it's this: Coping or self-medicating doesn't need an invitation...it only needs an opportunity.

At one time, you were an innocent, unsuspecting child. You, most likely, weren't guided through the experiences in your life that opened the door for a need to escape. Your family, much like any other, may have been unreliable and unskilled themselves to bear the challenge of making it through the day's circumstances. Maybe the best model you saw was how to simply survive. Perhaps you learned at an early age that life cannot be trusted to turn out well so you made your way through the turmoil by using any opportunity to cope and escape the reality. Yet this was your home, your family, your relationships and extended family. In fact, there is an entire psychological discipline about this. It was originally formulated by Dr. Murray Bowen and is called **family systems theory**. As Dr. Bowen explains,

*A family is a system in which each member had a role to play and rules to respect. Members of the system are expected to respond to each other in a certain way according to their role, which is determined by relationship agreements. Within the boundaries of the system, patterns develop as certain family member's behavior is caused by and causes other family member's behaviors in predictable ways.*

In short, Dr. Bowen believed that you, as a person, cannot be understood (or understand yourself) apart from your family system. This is true because of the following widely recognized principle: early influences operate to shape future behavior. And the majority of your early influences came to you through your family system. Unfortunately, the chaos and injury some of us experienced within our family systems set us up to be vulnerable to compulsive and addictive behavior as adults. Some family systems can even go so far as *modeling* this type of behavior for us! Is it any wonder that our addictive condition looks familiar?

## **FRAGMENTATION: I think I'm going mad...**

Well, speaking in terms of the work that was done by Christopher J. Charleton, M.A., LCSW, an internationally known addiction specialist, licensed clinical therapist and specialist in the resolution of addictive and cross-addictive behaviors, your dependency can certainly be driving you to **fragmentation**. According to Charleton, fragmentation is a result of disintegration, which is in direct contrast to God's design of integration. That sounds a bit confusing to me, so think of it this way: you were created in the image of the Triune God; God the Father, God the Son and God the Holy Spirit. The Trinity is a perfect example of integration; each aspect of the trinity is in union with the other, glorifying and reflecting each other's true value in relationship. Similarly, as someone created in God's image you were also designed to be integrated in relationships, thereby illuminating the true value of yourself and others.

The problem is, your family of origin experiences challenged your belief in God's design and skewed your perception of the value of being integrated in community. When your relationships were subsequently compromised (or even avoided altogether), disintegration occurred. Now, here's the main point: **fragmentation perceives both integration and disintegration to be true...**and an internal war between intimacy and isolation ensues. The apostle Paul said it this way, "I don't understand what I do. For what I want to do (intimacy) I don't do, and the very thing I hate (isolation) I do. Now if I do what I do not want to do it is no longer I who does it, but it is sin (dependency) living in me. So then, this L.I.F.E. Recovery Guide you're holding, its Principles and Journal Assignments will prove to be a huge benefit by giving you the tools to examine yourself and your experiences. After all, don't we want to live in freedom? It's our skewed perception that fuels the war between intimacy and isolation in the first place.

## **ADDICTIVE CONDITION: So one more time... What's my problem?**

It's not alcohol. Alcohol does not create alcoholics. It's not pornography. Pornography doesn't create sex addicts. Neither is your addictive condition a box of Twinkies or a deck of cards or a freshly rolled joint or an eighty hour a week job.

The problem is your underlying addictive *condition* and it consists of a whole host of issues; neurochemical imbalances, arrested development, unresolved emotional wounds, fragmentation, and an incapacity for emotional wholeness and intimacy. These are the things that create addicts. The problem does not resemble a pair of dice, a sexual encounter, or a box of chocolates, although it likes to play with things like these - especially when you are in pain.

Given enough pain and enough opportunity, these things then become the focus of your addictive *behavior*.

In recovery terms, your addictive behavior is simply your attempt to medicate the pain of some past trauma or relational wounding that has not been resolved, and the fact that it remains unresolved becomes the (often subconscious) excuse for continuing in your addictive behavior. It is a self-perpetuating cycle of destruction. And on top of that, Satan is always there to cooperate, using and intensifying your addictive behavior and further disabling your ability to have relationships with those you care about (or even with God Himself). Your problem, your addictive condition, is your enemy and is used by the enemy to bring devastation to your life. Nevertheless, your addictive condition, your coping method or self-medicating always masquerades as your friend.

You very likely found your method(s) of coping amidst the turmoil of your family system. Acting out was fun and even helpful at first, but as you continually fed your addictive condition through years the behavior became pretty burdensome. And so you're here, in need of a community of people who can help you to more clearly identify what's driving your addictive condition and help you through God's healing power to uncover and heal those wounds, for good!

Oh...so what you are really saying is I just need to get sober.

Nope.

Huh?

Sobriety is measured in time. You will be deemed "sober" when you have not engaged in addictive behaviors for twenty-four hours, or a week, a month, etc. That's a great start, but it is not enough.

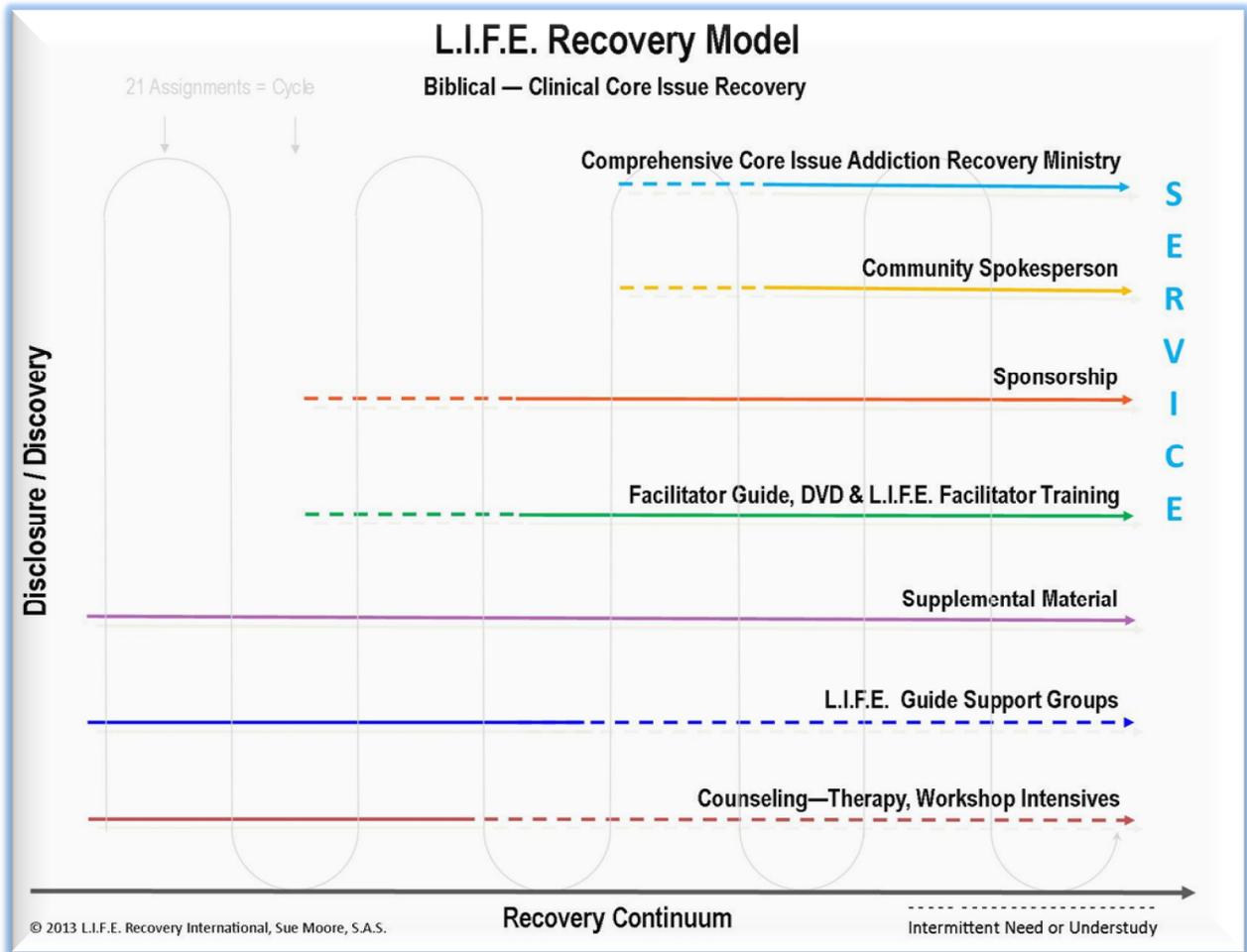
Your addictive condition is clever, resourceful and sinister, and it will let you be sober for a while if it means it can hang around for the long haul. Even Satan, after unsuccessfully tempting Jesus in the desert, simply waited for a more opportune time. Your addictive condition will do the same.

What you need is wholeness. Sobriety is a part of the equation but by itself sobriety does not equal wholeness. Being whole means you are practicing real intimacy. It means you are self-aware and capable of modulating negative emotions through healthy means. It means you are present in the moment instead of being lost inside your head. It means you no longer hide behind "fine." Being whole means God is having His way with you, and as a result you are being transformed inside and out. The point is, you can be sober and still be acting out of your addictive condition. But when you are whole your addictive condition is not only *not* driving - but has no opportunity to re-establish itself and get a seat within you.

By joining a local L.I.F.E. Recovery Group and completing the work that is found in the L.I.F.E. Recovery Guide you are holding, we believe you can achieve wholeness. Accomplishing this will require a lot of consistent effort on your part, but know this; there are thousands of men and women throughout the world who can give testimony to the fact that it was the community and self-discovery they found through L.I.F.E. Recovery that God used to set them free. You can live in freedom everyday! Welcome to L.I.F.E.!

*For a more in-depth study of the topics that were introduced here please see Christopher J. Charleton's, book, Relapse.*

# The L.I.F.E. Recovery Model



The **LRM** was created out of compassion for persons seeking sexual addiction recovery in an ever increasing and diverse market of programs, materials and books of which most offer incomplete or misguided information.

The **purpose** of the LRM is now to provide proven methods for general addiction as well as sexual addiction recovery methods that unite the recovery strategies of individuals, organizations and ministries to work together, worldwide.

As a forerunner in core issue addiction recovery, the LRM is intended to set the industry standard by providing practical applications for individual recovery and service that is designed to duplicate the ministry at every level. We invite you to join us as L.I.F.E. Recovery seeks to be obedient to God's mandate and carry out His kingdom work in the area of addiction recovery.

**Goal of the L.I.F.E. Recovery Model** is to...

- ♦ Work Together
- ♦ Uniting Ministry Strategies
- ♦ Teaching Trauma Model/Core Issue Recovery and
- ♦ Planting Support Groups

**L.I.F.E. Recovery is motivated** to work together with...

- ♦ The Christian community
- ♦ Addiction Recovery Ministries
- ♦ Counseling Professionals
- ♦ Colleges, Civic and Social Service Agencies and Prisons

We recognize that the methods demonstrated in the **LRM** are not exhaustive and that research may uncover new insights and in this endeavor to establish an industry standard we seek to remain open to new applications. However, in order for these additions to be adopted they should embrace and enhance the current **LRM** principles for addiction recovery and be approved by L.I.F.E. Recovery review board.

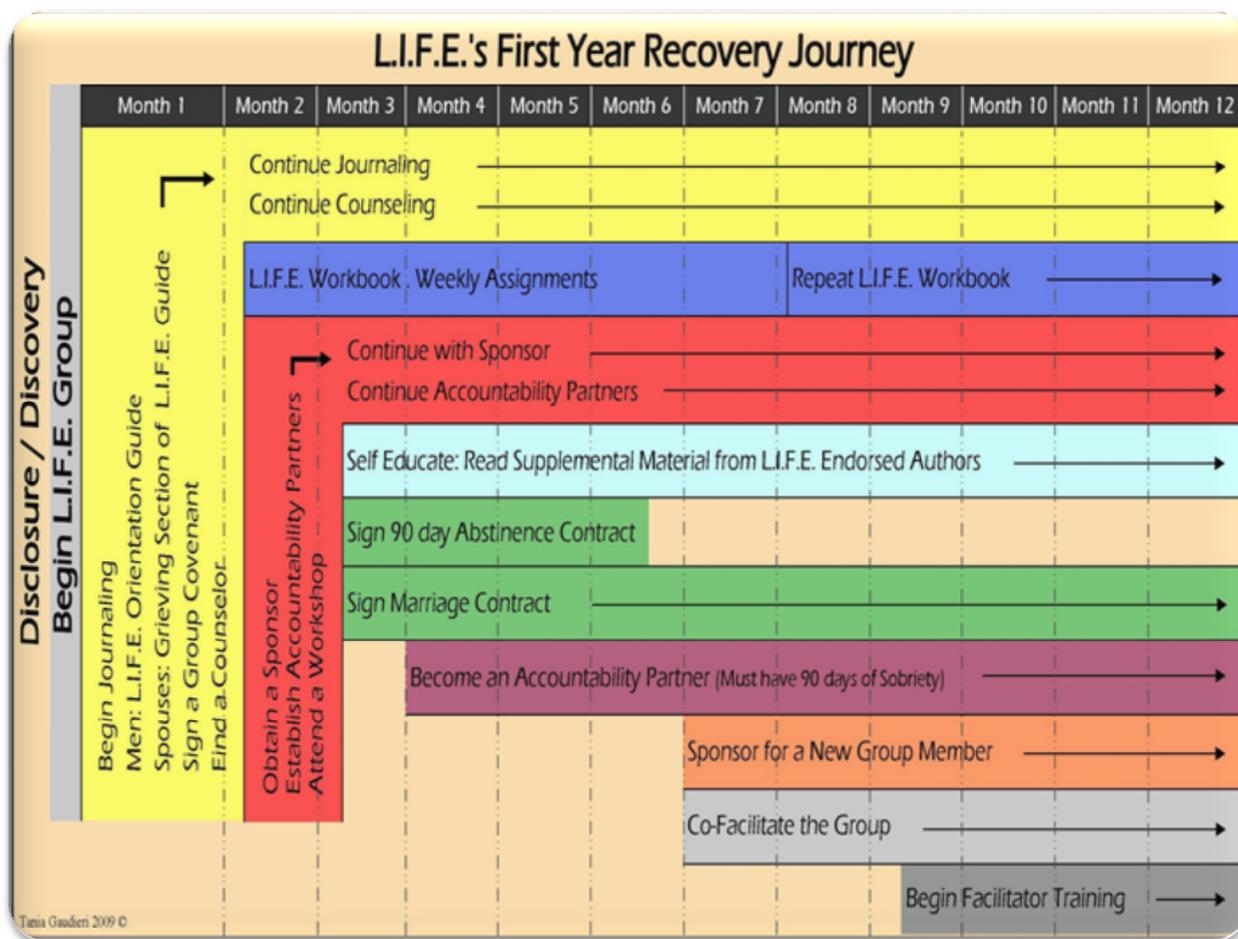
## The First Year of Recovery

Before a lifetime of recovery can be experienced one must intentionally develop disciplines that pursue wholeness, all of which are presented in this **LRM**, with particular emphasis on the initiatives begun in the **First Year of Recovery**. Frequent evaluations of a “Recovery Plan” are crucial for success, especially at times when fulfillment appears illusive.

Please keep in mind that every recovery journey is different. Experiences and circumstances vary for each of us. Nevertheless, the entry point for a lifetime of true recovery is through commitment. This timeline for recovery begins the moment we are committed. Are you ready?

The following sequence details the non-negotiable aspects for a successful **First Year of Recovery**. The monthly timeframe is secondary to the sequential building of recovery disciplines and their consistent application within and after each period represented.

The following details the non-negotiable aspects for a successful **First Year of Recovery**.



**1<sup>st</sup> Month** - Begin attending L.I.F.E. Recovery Groups and connect with others on the road to recovery. Sign the group covenant as this begins the accountability process and begin journaling to express your feelings, asking and answering questions, identify emotions and thoughts. Journaling is a valuable tool that allows a look back to see changes and growth on the journey. Also find a counselor for individual and couples recovery.

**2<sup>nd</sup> Month** - Continue attending groups, journaling and counseling. Begin weekly L.I.F.E. Recovery Guide Assignments. Financially give back: investing into the recovery of another through L.I.F.E. Recovery Group contributions is another sign of the transformation process. Obtain a Sponsor and Accountability Partners. Attend recommended intensive workshops.

**3<sup>rd</sup> Month** - Continue attending groups, journaling and counseling; Maintain accountability, check in daily using the "I feel \_\_\_ about \_\_\_ because \_\_\_" dialog with sponsor and or accountability partners. Begin addiction recovery Self-Education. Sign a 90-day Abstinence Contract this is recommended for individuals as well as couples. Sign a Marriage Contract with your spouse. This will establish healthy boundaries and encourage commitment that allows the couple to work on their individual recovery without fear that the marriage will end.

**4th Month** – Continue attending groups, journaling, counseling, daily check in with accountability partners and abstinence commitment. After 90 days of sobriety and confirmed accountability, become an accountability partner for someone else.

**5<sup>th</sup> & 6<sup>th</sup> Month** - Continue with groups, journaling, counseling, sponsor, accountability partners and abstinence. **Be vigilant**, between the 3<sup>rd</sup> and 9<sup>th</sup> month is a dangerous time; one can become tired of disappointments, restrictions and all the hard work involved in recovery. Begin to seek God's vision for your life to Give Back.

**7<sup>th</sup> & 8<sup>th</sup> Month** - Continue with groups, journaling, counseling; sponsor and accountability partners. Before becoming a Sponsor maintain sobriety, accountability and, if married, must have finished 90 days of abstinence. Co-Facilitate the group, help set up for the meeting and/or lead the opening prayer. Continue to seek God's vision for Giving Back.

**9<sup>th</sup> – 11<sup>th</sup> Month** - Continue with groups, journaling, counseling, sponsor and accountability partners. Using L.I.F.E.'s Facilitator Guide, begin Sponsorship and/or Facilitator Training while practicing and teaching the **LRM**. As you seek God's vision for using your story, we strongly encourage the pursuit of using your story to serve in areas shown in the **LRM**.

**12<sup>th</sup> Month** – **Celebrate** as you continue walking in your recovery plan! Continue with group, journaling, counseling, sponsor and accountability partners. Experts suggest a ***minimum of two cycles*** through the L.I.F.E. Recovery Guide assignments to reinforce learned recovery truths that now, from a sober perspective, deepen intimacy and relationship skills. Proactively engage in Giving Back using your witness of God's transformation power to minister to those still in captivity.

The **First Year of Recovery is simply the beginning of the LRM** which represents a lifespan of recovery. Recovery begins at the disclosure or discovery of addiction and moves toward freedom and service to the right, and stops at the end of life.

You will notice in the visual **LRM** illustration that there are solid and dashed lines in the **LRM**. Solid lines represent continual involvement, whereas a dashed line either signifies an intermittent need or, in regards to methods of service, represents a learning phase as an “understudy.”

This **LRM** illustration is a lifespan continuum. Please note the “threads” or lines that represent roles or aspects of addiction recovery. There are simultaneous threads pictured in this illustration representing different aspects of recovery occurring at the same time. Some of these threads are non-negotiable methods for successful recovery and others are opportunities for selective means of service determined by one's calling. These practices work in harmony toward the same end, a servant's heart.

The vertical curving continuous line represents the L.I.F.E. Recovery Guide workbook assignment cycle of 21 weeks. We will describe the application of each horizontal thread (line) needed for a lifetime of successful recovery. Please keep in mind, this model portrays an ideal recovery scenario. Each recovery plan consists of a unique timeline taking into consideration specific circumstances for each individual.

**Recovery Continuum** - Carnes and Laaser imply an active recovery of 3 to 5 years contingent on the investment of working one's program ***in addition to*** a maintenance phase of recovery demonstrated by continual service that invests into those ensnared by addiction. Leaving the recovery process increases the incidence of relapse substantially. In alignment with biblical principles, transformation continues until we pass from this life into the next.

**Counseling, Therapy, Workshop Intensives** - Participants need the benefit of Christian counseling, therapy and workshop “Intensives” to help work through deep rooted issues or troubling areas to maintain growth and sobriety. In addition to the benefits of counseling in the beginning of the recovery process, a need to return to counseling may occur intermittently to move beyond obstacles revealed on the journey. Professionals aid in the process by working through hidden factors that hinder our complete surrender. Workshops provide brief but intense help with underlying spiritual and emotional issues in the recovery process. In an intensive, participants can work on dynamics that might have taken many months if not years of counseling to uncover.

### **L.I.F.E. Recovery Guide Support Groups**

The L.I.F.E. Recovery Guide principles and assignments are vital to revealing hidden factors needed to heal from addiction and to establish a lifetime of recovery. The L.I.F.E. Recovery Guides are based on 7 biblical principles and 21 assignments, plus 7 grieving assignments in the Spouses Guide. To ensure successful recovery, the authors recommend multiple cycles of the L.I.F.E. Recovery Guides in an ongoing, open or closed, group.

*“L.I.F.E. Recovery Guides have been recommended as the most adaptable workbooks on the market today. They can be used in groups, mentoring one-on-one, adapted for therapists and therapy groups, churches and other organizations can use the material for “free standing” support group ministry (exclusive to sexual addiction), as a part of a broader recovery ministry for all kinds of issues and addictions, as part of existing programs, or if two people had no resources whatsoever they could work the L.I.F.E. Recovery Guide together. There have not been many, if any, programs/series that have this wide of utility.” Richard Blankenship, LPC, NCC - Executive Director, American Association of Certified Christian Sexual Addiction Specialists*

Also vital to the **LRM** is the L.I.F.E. Recovery Group environment. Reinforcing the L.I.F.E. Recovery Guide, a L.I.F.E. Recovery Group offers the essential crosstalk component which empowers participants to speak truth in love and to hold one another accountable; this creates an “iron sharpens iron” environment that spurs growth and builds healthy intimacy skills. In the safety of a L.I.F.E. Recovery Group participants exercise their abilities to speak truth without fear and begin to practice these healthy behaviors in other relationships outside of the group environment. Please note, as one follows their recovery plan and sobriety and stability grow the L.I.F.E. Recovery Group attendance becomes intermittent (dashed line); however, the recovery effort is picked up on another line of service. Successful recovery **never** drops off the timeline.

**IMPORTANT:** New group attendees should be given a list of group members and their contact information, who have volunteered to mentor them during their first six weeks. We suggest that each new attendee be called within a few days after their first visit and encouraged to choose one of these volunteers to come alongside them.

**Availability of L.I.F.E. Recovery Groups** – At some point the facilitator must decide if the group will remain open for anyone in need at any time or if the group will be closed. Discern the Pros and Cons presented on the illustration and then optimize your L.I.F.E. Recovery Group as a recovery resource for your community. A final note on L.I.F.E. Recovery Groups, no matter if your group is open or closed, lesson breaks, holidays and the summer season tend to disrupt attendance and progress.

## Supplemental Material

Reading supplemental material is essential to the LRM. Self-education is necessary to the recovery process, but supplemental material should ***never*** replace or interrupt the recommended L.I.F.E. Recovery Guide assignment cycles. As new people come to your L.I.F.E. Recovery Group, they have an acute need to begin their recovery process immediately with the tested Principle work in the L.I.F.E. Recovery Guide.

Supplemental materials provide valuable information and are suggested to increase the understanding of the origins, consequences and behaviors of addiction and should complement consistent attendance in a L.I.F.E. Recovery Group. Supplemental materials are not sufficient to replace the L.I.F.E. Recovery Group's involvement in the recovery process.

In addition to utilizing L.I.F.E. Recovery materials, as supplemental material, here are some of L.I.F.E. endorsed authors to build your library and understanding, Patrick Carnes, Mark Laaser, Debbie Laaser, Marnie Ferree, Richard Blankenship, Russell Willingham, and Cloud and Townsend. To see a complete list on our website go to <http://astore.amazon.com/lifemin-20>.

As the threads in the LRM are faithfully implemented and our understanding of God's design is received, a time will come to *take recovery to the next level of giving back*. The remaining components listed in the **LRM** provide opportunities to make a difference and serve future generations.

**L.I.F.E. Recovery Facilitator Training** – The proper sequence for raising up future L.I.F.E. Recovery Group leaders begins with sharing the facilitator's role with other group members. Ask for volunteers to open the meeting with prayer or readings, or to be the group's treasurer passing the envelope for weekly contributions, or to lead the discussion during "Principle" group or to facilitate a small breakout group during the "get current" time. Each responsibility allows the member to "give back" and invest into another's recovery and therefore advancing their own. Offer L.I.F.E.'s Facilitators Guide and Starting a Group DVD as a tool to equip new leaders and encourage everyone to subscribe to L.I.F.E.'s e-newsletter to be up to date on advances in core issue recovery and Facilitator Training events.

**L.I.F.E. Recovery Sponsors** - One of the most honorable roles in recovery service is becoming a L.I.F.E. Sponsor for someone seeking a life of sobriety. As with Co-Facilitating, similar timing occurs for participants to become involved as a mentor or sponsor. Dependent on prompting and personal circumstances, mentoring or sponsorship may occur simultaneously with Facilitating or Co-Facilitating or in its place. The requirements to be a L.I.F.E. Sponsor are:

- Must be a believer in Jesus Christ.
- Not necessarily be in a L.I.F.E. Group, but...
- Must have a Sponsor themselves, or have been sponsored before.
- Must be progressing in their own healing journey,
  - *Emphasize progress not perfection.*
- Should have at least 6 months sobriety, not a requirement, but highly recommended.
- If married, have completed 90 days of abstinence.

A **Community Spokesperson** advances addiction awareness and provides solutions that address the epidemic in their area or region.

L.I.F.E. Recovery International offers core issue addiction recovery materials for Men, Women, Spouses, Couples, Young Men and Young Women in both sexual and general addiction recovery to establish a **Comprehensive Addiction Recovery Ministry** in your community.

L.I.F.E. Recovery is grateful for the Lord's provision for the aforementioned opportunities to use one's gifting. L.I.F.E. also acknowledges the Holy Spirit may lead a servant into ministry outside the realm of addiction recovery. As in every case of restored relationship with the Father, we are to be witnesses and testify of the path of redemption from sin so others may be encouraged by the hope of our calling.

Simply stated, the L.I.F.E. Recovery Model brings hope to the hopeless with proven recovery applications while offering purposeful opportunities to give back and comfort in the way we were comforted.

Our heart is that you too will be inspired to serve others and make a difference in your generation.

# The L.I.F.E. Recovery Model

Sets the Biblical and Clinical Standard for Core Issue Addiction Recovery

## Work the Program - the Program Works



# L.I.F.E. RECOVERY

## INTERNATIONAL

### Benefits of L.I.F.E. Recovery Group

Among the most valuable aspects of a L.I.F.E. Recovery Group (*along with learning and applying transformation principles*) is that L.I.F.E. Recovery Group participants are...

- No longer in isolation but are in a safe environment
- **Learning healthy intimacy skills** to
- Express their feelings and process pain
- All *while* in fellowship with others on the recovery journey.

L.I.F.E. Recovery Group participants practice skills that are carried over into family, work and school relationships.

- The L.I.F.E. Recovery Group acts like a second family, where participants learn healthy intimacy skills that were not taught in the first family.
- Often the L.I.F.E. Recovery Group is the first and maybe only place where participants learn that they are not alone; although presentations of addiction vary, typically there are common core issues.
- Sobriety is an uncompromisable part of recovery; however sobriety is only one element of the transformation process.
  - One must uncover and heal the core issues that are driving the addictive condition, otherwise we will simply switch addictions to another method to escape the pain.
  - As we openly express feelings and process through the pain of our core issues, accountability and fellowship with others in recovery helps us recognize strongholds of unbelief and seek the truth of God in His word.
- Participants learn to speak truth to lies, which renews the mind and bears fruit in new behaviors.
- In L.I.F.E. Recovery Groups, participants learn to know each other and become known, they speak truth about their feelings, state their needs and are held accountable to walk in the truth that they know, and **Live In Freedom Everyday**.



## **L.I.F.E. Guide**

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# *1<sup>st</sup> Level Assignments*

## **Principle 1-A1      Confronting Reality: I'm Shackled in My Own Prison**

*Admitting Our True Condition* - The first step to recovery is admitting that we have a problem and that our choices and behaviors are not the will of God. In P1A1 the participant begins the journaling exercises and identifies and lists coping methods, their history of coping and the consequences.

## **Principle 2-A1      Finding the Solution: I Have Only One Option**

*Explore Our Reluctance* – In P2A1, this lesson probes our paralysis and asks, “Do we want to get well?” Participants affirm God’s trustworthiness and count the cost and journals what they will give up, their feelings and losses, as well as writing a Good-bye letter to their addiction. Lastly, participants journal their view of God and seek scriptures to affirm God’s care and begin healing their view of God.

## **Principle 3-A1      Telling the Truth: I Must Leave the Darkness**

*Admitting Our Darkness* - The lesson in P3A1 can be painful, but it will prove invaluable as the participant confesses to another human being, as well as to God. This hurting reminds the participant of how far they are from God. Participants take an inventory and confront their sinful nature, journal any deceit, lies and fears toward their becoming known. As participants begin to understand their darkside (the sin of pride and control) they journal a prayer asking God for courage to tell the truth.

## **Principle 4-A1      Growing in Transformation: I Mature in Character**

*Accepting Accountability* – Principle four is about accountability and growing character. In P4A1, the participant addresses their flaws, inadequacies, independence, rebellion, and prideful mindsets. The assignment asks participants to list potential sponsors, whether temporary or permanent, to sign a Sponsor Contract formalizing commitment and to begin tracking their daily contacts using “I feel \_\_\_\_ about \_\_\_\_ because \_\_\_\_” language reinforcing the expression of feelings and processing pain.

## **Principle 5-A1      Demonstrating Real Change: I Accept Responsibility**

*Assessing the Damage* – Principle five marks the turning point on our recovery journey. Where the previous four Principles were introspective examining our life, behavior, mind and heart, this Principle expands our investigation looking outside ourselves and the impact of our addiction on others. Participants examine categories of harm (Physical, Emotional, Spiritual, and Financial) and the nature of the damage. This exercise moves the participant away from denial, blame and self-pity and toward taking responsibility and identifies character problems.

## **Principle 6-A1      Living in Fellowship: I Cannot Succeed Alone**

*Practicing the Program* – In P6A1, this lesson guides toward a way of living in genuine connection with others instead of isolation. Participants begin to build trusting relationships in the group environment and experience the joy found in a supportive community and while celebrating their progress they continue to address their weaknesses. Journal exercises take an inventory that evaluates daily choices with charts for daily, weekly and 6 week evaluations.

**Principle 7-A1 Finding a Purpose: I Have a Vision**

**Telling Your Story** – Principle 7 pursues God’s vision for the participant and acknowledges that they cannot undo what is done and that they must go forward from here. Preparing the participants story is foundational to determining what is next for their future, their dreams, desires and aspirations. A minimal requirement for this exercise is 6 weeks sobriety; then writing a 10 Minute or 500/1000 word story sharing, what it was like, what happened and what it's like now. Note: Telling your story to the group doesn’t occur until P7A2.

## **2<sup>nd</sup> Level Assignments**

**Principle 1-A2 Confronting Reality: I’m Shackled in My Own Prison**

**Understanding Our Cycle** –As we keep looking at our silent self, P1A2’s purpose is to bring into the light that which has been cloaked in darkness. The participant looks very specifically into the “Cycle of Addiction” and receives practical application to break their cycle of addictive behavior in the first two stages before becoming entrapped. Journaling includes “Stinking Thinking,” Anger Inventory, Rituals, Feelings behind Rituals, Boundaries/Limits, Despair, Additional Behaviors; “I feel \_\_\_ about \_\_\_ because \_\_\_” tools.

**Principle 2-A2 Finding the Solution: I Have Only One Option**

**Surrendering Control** – P2A2 addresses the “dry drunk” syndrome where an addict surrenders the specifics of addiction, but refuses to go deeper to what is driving the addictive condition. This lesson exposes past attempts to deal with our addiction motivated more by controlling the behavior instead of surrendering our entire life of real time moment by moment frustrations. The journaling exercises review choices, excuses, bargaining, manipulation or control, and self-sufficiency; concluding with an outline of what total surrender would look like.

**Principle 3-A2 Telling the Truth: I Must Leave the Darkness**

**Outlining Our Darkness** – At this point in recovery the participant is beginning to feel and is waking up from the fog of their acting out behaviors, they are getting honest and have begun the grieving process and it is time to prepare an honest inventory of their life. In P3A2, the participant is asked to divide their life into stages: Childhood, Adolescence, Teenage, Young Adult, Mid-life and Senior years, as appropriate. Outlining sins and offenses, committed and omitted, thinking about actions and lack of actions and negative or sinful thoughts and lack of positive thoughts. The intention of the outline is to reveal every aspect of the sin and bring it to the light.

**Principle 4-A2 Growing in Transformation: I Mature in Character**

**Assessing Our Character** – Contrasting as Paul in Galatians 5, P4A2 examines additional aspects of Christian character that the participant is seeking to identify and develop e.g. the disposition of the sinful nature and the makeup of a life lived in the Spirit. Journaling exercises include listing persons with whom you're angry and about what; Anger related

*to past experiences; Anger with God; Forgiving people; Reflecting on lessons learned; Fear or anxiety and Sharing findings with group.*

**Principle 5-A2      Demonstrating Real Change: I Accept Responsibility**

**Planning Amends** - *The participant in P5A2 takes the action of restitution and makes preparations to make direct or indirect amends, making things right. Willingness to provide restitution is a good indicator of the genuineness of the apology. Journal exercises help reveal motives and strategies to make the (direct or indirect) amends, lists who and how and sets an appointment to share with their Sponsor and group.*

**Principle 6-A2      Living in Fellowship: I Cannot Succeed Alone**

**Changing Our Cycle** – *In P6A2 the participant learns a new cycle, the “Cycle of Recovery,” and begins to see where in this cycle new behaviors need to be implemented. Paramount in this new cycle is inviting others to be a part of the journey where the participant tells their secrets, are held accountable, accept responsibility, heal core wounds and in fellowship become a part of others’ lives. Journaling exercises include expressing gratitude to circle of fellowship; listing healthy disciplines for this week; reflect on positive changes; List instances of joy that prove healthy choices.*

**Principle 7-A2      Finding a Purpose: I Have a Vision**

**Sharing Your Pain** – *The goal of P7A2 is to help the participant understand what God has been trying to teach them about Himself through their recovery. Participants gain knowledge of God through their decisions and through the pain of suffering. The participants’ pain has given opportunity for compassion and empathy for those hurt by the addict’s behaviors. Journal exercises - Losses and Pain that has taught you to depend on God and list four people to share your story.*

## ***3<sup>rd</sup> Level Assignments***

**Principle 1-A3      Confronting Reality: I’m Shackled in My Own Prison**

**Identifying our Roots and Desires** – *PIA3 examines core issues driving the addiction. Participant should have 3 months of sobriety coupled with support before probing into underlying issues. Participants notice that recovery work brings feelings that historically they’ve sought to medicate. Journal exercises list their good qualities, wounds from family, conversation with Jesus, triggers and Trauma Reactions. Participants with 6 months sobriety work their Preoccupation: Fantasies/Thoughts, Themes and Desires.*

**Principle 2-A3      Finding the Solution: I Have Only One Option**

**Placing Hope in God** – *The purpose of P2A3 is to realign the participant’s view of God accurately with the scriptures so they can begin experiencing fathering from Abba Father. Journaling exercises ask participants to vividly picture intimate times with God, talking and playing, specifically detailing what is said and done and then the participant composes a statement of surrender, placing hope in God.*

**Principle 3-A3      Telling the Truth: I Must Leave the Darkness**

**Confessing Our Darkness** – *In P3A3 the participant confesses in a formal way that is spiritually significant to them. The L.I.F.E. Guide designs the timing of the participant’s*

*confession to minimize shallow confession - to just get “it” over with. Built on the previous P3 lessons this exercise digs deeper into all areas of life and addresses motivations and possible manipulation behind the confession.*

**Principle 4-A3      Growing in Transformation: I Mature in Character**

**Cultivating Our Character** – *In P4A3 the participant focuses on “how” to cultivate character identifying the key quality of empathy. Ultimately the participant understands not only their wounds, pain, loneliness, anger and fear, but are able to listen and understand the pain of another. Journal work includes interviews and journaling the wounds of others, practicing empathy; journaling affirmations and journal from Scripture, Luke 6 (Love enemies, do good, build foundation) and Matthew 7 (Don't judge, work on self, golden rule).*

**Principle 5-A3      Demonstrating Real Change: I Accept Responsibility**

**Living Amends** – *Following guidelines in P5A3, the participant builds on previous P5 assignments and has the opportunity to demonstrate real change, showing in overt ways the revolutions that are happening in their heart. For those observing, it's the first clear example of “walking the walk” of transformation. Participants daily observe principles that focus on healthiness and wholeness. Journaling includes listing and making direct amends and indirect amends and listing those who've harmed the participant and forgiveness - letting go of what others owe you.*

**Principle 6-A3      Living in Fellowship: I Cannot Succeed Alone**

**Growing in Spirituality** – *The purpose of P6A3 is to convert all the energy that the participant used to pursue addiction and use it to activate spiritual disciplines in pursuit of God. This lesson directs participants to incorporate other forms of bible study, Christian concerts or seminars, corporate prayer or meditation activities and acts of service into their lifestyle. Growing spiritually, participants are transformed from selfish to selfless and sacrifice their time, energy, resources and money.*

**Principle 7-A3      Finding a Purpose: I Have a Vision**

**Discovering Your Vision** – *Building on previous P7 assignments, in P7A3 participants work on a positive mental image of where God would want them to go. Instead of pursuing a fantasy of their preferred future where all their wounds are healed, the participant pursues a vision which pursues God's plan for their life. Journaling exercises include identifying your family's mission for you, your encouragers and their affirmations, your passions, your experiences and skills, your lessons, when you felt God's pleasure, your legacy and your vision statement.*

<b>Tying It All Together: The Nehemiah Principles</b> .....	161
<i>As a resource for group Readings listed in the Table of Contents, the book of Nehemiah is rich in supportive material describing how to rebuild while defending against attack. This material is read at the opening of the meeting and reinforces God's design for recovery.</i>	
One	Accountability and Humility ..... 163
Two	Accountability and Expressing Feelings ..... 163
Three	Accountability and Stating your Needs ..... 164
Four	Accountability and Your Army ..... 164
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Six	Accountability and Rebuilding ..... 165
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<i>Because communication is essential to intimate fellowship, discussion then is the life blood of support and encouragement. Effective communication and fellowship require that we understand each other- that we speak the same language. This list of definitions is a tool to standardize terminology for clear communication among participants and within the ministry network.</i>	
Grieving Components	
<i>Identifying unresolved grief and pain is a necessary component of an effective recovery plan. Due to the variance in timing of sobriety, this grieving material is independent of Principle work. Ideally, this material should be completed after becoming sober as this material gives the participant an opportunity to go deeper into their recovery to express feelings and process the pain that has driven their addictive condition. These Grieving Components are contributed and edited by the industry's leading experts in grief recovery.</i>	
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## PRINCIPLE ONE

*We admit that we have absolutely no control of our lives.  
Sexual sin has become unmanageable.*

### ***Confronting Reality: I'm Shackled in My Own Prison***

Congratulations! Despite long years of deceit, lies, denial, minimization, fears, shame, and manipulation, you have picked up this L.I.F.E. Guide or have come to a L.I.F.E. Group meeting. You have been wanting to, thinking that perhaps you should, pondering if it was the right thing. You have resisted, found excuses, wondered who would find out, and worried about the consequences of getting honest. You've thought that no one would really understand. You've either believed that you have done the worst things possible – things no one else has ever done; or you've thought your stuff is not so bad - that you really don't need to come to a meeting and admit you need help. Hear these words:

Welcome.

You're in the right place.

We're glad you're here.

Imagine what it must have been like for the Prodigal Son. He just wanted to be home. He didn't think he deserved to return to his earlier status as a son because his sins were so great. He hoped merely to be like one of his father's hired servants. Maybe you're like that: You're just glad to be alive and able to get to a meeting. You'd like to simply be quiet and belong. The Prodigal Son's father, however, rushed out to meet him and prepared a great feast. That is what it is like with God. We want to be "imitators of God, just like little children." It may feel like you're a little boy who has just come on the bus or into the lunchroom or onto the playground and you're expecting to be rejected or at least ignored. Instead, we rush over to greet you! We've been where you've been. We understand your pain and your fears. We're glad you've come. We can't prepare a great feast, but we can go to coffee later.

Your first assignment is just to get honest. We know that the greatest enemy of sexual purity is silence. We also know how carefully you've guarded your sexual secrets. It's hard to imagine letting them out. There are demons in your mind telling you, "No! You can't talk about that. Someone will go running and screaming out of the room!" We encourage you to confront those demons. Those voices have kept you shackled in your pain for too long. We know, because we're on a similar journey of learning to live in freedom every day. We want you to tell us how bad it got and what it was like to feel powerless over your life. Chances are that others in your group have done some of the same things.

There is nothing - certainly no sexual sin - that separates you from the love of God. No matter what you've thought or what you've done, it's time to come home to the heavenly Father who loves you and is longing for your freedom.

The assignment that you are about to undertake will take great courage. It will be a risk and a challenge. Don't turn back now. Keep putting one foot in front of the other and head for home. The freedom you'll experience is worth all it will take to get there.

## Assignment One - Admitting Our True Condition

Unhealthy sexual behaviors have been variously divided into categories and groups of categories. In his first book, Dr. Patrick Carnes grouped such behaviors as shown in the chart below. As you look at these, note the behaviors that you have struggled with and to what degree, even if you were only involved with a particular behavior once. Try to remember how many times you have done each of these. You may have to estimate. No one remembers, for example, how many times they have masturbated. State how often this most recently took place (once a day or more, once a week, and so on). If you need further explanation of the categories, try reading Dr. Carnes' book, Out of the Shadows. My book, Healing the Wounds of Sexual Addiction, also divides sexual behaviors in this way and defines each one.

### Basic or Building Block Behaviors

Fantasy

Began

How Often

\_\_\_\_\_

\_\_\_\_\_

Masturbation

Pornography (*magazines, videos, Internet, TV, books, movies, music*)

\_\_\_\_\_

\_\_\_\_\_

Prostitution (*on the street, over the phone, in massage parlors, escort services, on the Internet*)

\_\_\_\_\_

\_\_\_\_\_

Affairs (*long-term and emotional involvement, short-term and non-emotional, one night stands, sexual or non-sexual*)

\_\_\_\_\_

\_\_\_\_\_

Anonymous Sex (*the name of the sexual partner is not known*)

\_\_\_\_\_

\_\_\_\_\_

### Paraphillic or Level Two Behaviors

Voyeurism (*undressing someone with your eyes can be included*)

Began

How Often

\_\_\_\_\_

\_\_\_\_\_

Exhibitionism (*wearing provocative clothing counts*)

\_\_\_\_\_

\_\_\_\_\_

Indecent Liberties or Frateurism (*hugging someone and getting sexually excited is included, as well as any form of touch performed for a sexual feeling. This is true even if the other person isn't aware of it*)

\_\_\_\_\_

\_\_\_\_\_

Phone Sex/Cyber Sex

\_\_\_\_\_

\_\_\_\_\_

Bestiality

\_\_\_\_\_

\_\_\_\_\_

Sado-Masochistic (S&amp;M) or Pain Exchange

\_\_\_\_\_

\_\_\_\_\_

### Offending Behavior

Incest

Began

How Often

\_\_\_\_\_

\_\_\_\_\_

Molestation

\_\_\_\_\_

\_\_\_\_\_

Rape

\_\_\_\_\_

\_\_\_\_\_

Authority Rape (*using the power of role, status, age, or authority to gain sexual access*)

\_\_\_\_\_

\_\_\_\_\_



## Journaling Exercise: Your Sexual History

*Plot a timeline of your life. One easy way is to draw a vertical line down the left side of a page (about an inch from the left of the paper), with your age marked to the left of the line at different intervals (beginning with your earliest years and continuing to your present age). This timeline, then, could be several pages long depending on the amount of history you have to record. In the space to the right of each age, record your sexual and relationship behaviors. The following questions can provide a beginning point, but add anything else relevant that comes to mind. One result of preparing this history is that you'll probably see how your sexual addiction developed over time.*

1. What is your earliest memory of being sexual? How old were you? What happened? Was there anyone else involved?
2. Note the times when the frequency of certain sexual behaviors increased and when new form of sexual acting out occurred.
3. Addicts act out when they are tired, lonely, angry, anxious, sad, afraid, or bored. Often these emotions work in combinations. Can you recognize times when these feelings prompted your acting out? If so, indicate on your timeline when this was true.
4. Every addict has made various promises and attempts to stop. List some of the times and actions you have taken to stop your sexual or relationship behaviors. Make sure to list your most recent efforts.

One of the clearest signs of an addiction is when we continue in a behavior even though we experience negative consequences. It's obvious to those around us that we're paying a high price for our behavior, yet we keep doing the same thing. What consequences have you experienced due to your sexual acting out? The next exercise guides you in plotting the results of your sexual and relational behavior.



## Journaling Exercise: Your Consequences

*Make a list of your consequences and note when they occurred on your timeline. (Consider using a different color pen for your consequences.) Perhaps it will help you remember if you think of various categories:*

**Physical** – Have you conceived a child when you didn't intend to? If so, what choice did you make about that pregnancy? Have you contracted any STDs? Or AIDs? Have you been sick in any way that is the result of the stress of your addiction? Do you experience any sexual dysfunctions (erectile dysfunction, premature ejaculation)?

**Financial** – How much money have you spent? (Count the money you spent on pornography or other forms of buying sex or funding an affair.)

**Social** – Have you been divorced or lost a relationship? Is anyone really angry with you? Have you had to move from a certain place? Leave a team, club, or activity because of your sexual behavior? Has your sexual behavior caused problems with your parents or siblings? What about with your wife or children?

**Vocational** – Has your acting out affected your productivity at work? If so, has it cost you a promotion or some other career advancement? Have you lost a job or lost time at work? Are you underemployed or not able to work in the career of your choice?

**Legal** – Have you ever been arrested, spent time in jail, or been sued?

*Some of you may turn to other resources to work through this material. Assignment One parallels the work of the Faithful and True Workbook, Unit 7: Lessons 1-3, and Unit 8: Lesson 1. You may also find similar inventories in other workbooks listed on the websites listed on the Resources page (page 162). For this assignment you would include any work that you have done around Step One.*

I applaud your courage in completing these writing exercises! You've done a tremendous amount of work. Don't worry if you realize you've left out some things. Outlining the truth about your experiences is an ongoing process as you continue this journey. You've made a great start.

However, writing all of this information in your journal is a step toward being honest, but it is not the final step. The next crucial move is to share this information with others. I know that thought may be terrifying. But how long have you kept this information to yourself? Has it helped you to carry this burden alone? What lies have you told to cover up this story? It *is* a story, isn't it? It is a part of who you are. It does not define you, but it does belong to you. For years you have been thinking, "If people knew this part of my story, they would hate me and leave me. They would not want to be around me."

Your feelings of fear have kept you hostage. They have been your oppressor. Your solitude of spirit has been the result. Silence has been your companion, and lies have guarded your silence. Loneliness has become all too familiar. You have had two lives: the one that others know, and the one that only you know. The public one may have many friends, but the silent one has none. Your silent self pervades your existence and overwhelms all else in the darkness of your loneliness. It is time for your two selves to unite.

The only way to emerge from the darkness is to break the silence. That is what your L.I.F.E. Group is for. They are the brothers who will stand with you. They won't go running and screaming out of the room. They've probably done many of the same things you have. They will understand. Confront your fears. Be of good courage. Share the story. During a L.I.F.E. Group meeting you will have the chance to tell your story to some safe people. (You may want to practice first with one or two members of the group.) You may not tell all of it the first time, but eventually you will. And you will find tremendous relief in releasing the secrets.

*(Please take note of this word of caution: **Don't be graphic in describing your sexual behaviors, especially not when sharing with your group.** You don't want to trigger other group members if you can avoid it. You also don't want to educate group members about other forms of sexual acting out.)*

Congratulations! You are beginning the journey of transformation into L.I.F.E. - living in freedom everyday.

**Next Assignment: Principle Two, Assignment One, page 45**

# PRINCIPLE ONE

## Assignment One - Admitting Our True Condition

*We admit that we have absolutely no control of our lives.  
The sin of our addiction has become unmanageable.*

### Confronting Reality: I'm Shackled in My Own Prison

Congratulations! Despite long years of deceit, lies, denial, minimization, fears, shame, and manipulation, you have picked up this L.I.F.E. Guide or have come to a L.I.F.E. Recovery Group meeting. You have wanted to, thinking that perhaps you should, pondering if it was the right thing to do. You have resisted, found excuses, wondered who would find out, and worried about the consequences of getting honest. You've thought that no one would really understand. You've either believed that you have done the worst things possible – things no one else has ever done; or you've thought your stuff is not so bad - that you really don't need to come to a meeting and admit to others that you need help. Hear these words:

**Welcome.  
You're in the right place.  
We're glad you're here.**

That phrase, “the sin of my addiction,” may stir some discomfort, if not down-right fear, for some. Addictive behavior is harmful to our physical body, mind, and spirit. During the time of “active addiction,” we are living in rebellion to the will and plan of God, our Creator. In the Bible these acts of rebellion are called ‘sin’ and are revealed in our attitudes and behaviors that are against what God desires for us and from us. He created us to be His image incarnate, but rebellion entered into the Garden of Eden when our ancestors, Adam and Eve, disobeyed God by eating from the forbidden tree. Recognize that this act would not have taken place without there first being the attitude of rebellion against God and the decision made for the self to be in control; “to have it my way.”

There are stories in the Bible called “parables:” earthly stories with a “moral” and a spiritual meaning. Imagine what it was like for the Prodigal Son. He was much like us in that he wanted to be in control of his own life. So he asked for, and received, his inheritance to underwrite his move to the city to start life on his own. Off he goes to the big city and engages in (what the Bible calls) “riotous living.” He lived it up until the great economic depression (the Bible calls it a famine) came along, and the next thing he knew he had used up his resources. And there was no one to help him. (Isn't that just like “friends;” while you have plenty they are with you, but where are they when you are in need?) So he took a job (as we call it) ‘slopping the hogs.’ (Ironic isn't it; he's not “living high off the hog” now, is he?) This was an insult to a Jewish boy. He did not even have sustenance as good as the hogs. He decided that since the servants of his father

were living better than he, he would go home and hire on as a servant to his father. He has suffered abandonment, rejection, humiliation, failure, depression, and who knows what else, and now he will add embarrassment as he goes crawling home to his father begging for a job.

Does any of this look like or sound like your experience? It is at this point that many turn to addictions, suicide, or insanity to cope with the pain of their predicament. What choices have you made? Some turn to partying, but the parties lead to other behaviors that lead to further problems. Sooner or later, the party is over, then what? The Prodigal Son just wanted to be home. He didn't think he deserved to return to his earlier status as a son because his sins were so great. He hoped merely to be (like) one of his father's hired servants. Maybe you're like that; you're just glad to be alive and able to get to a meeting. You'd like to simply be quiet and belong.

The Prodigal Son's father, however, rushed out to meet him (and don't miss this fine point: The Bible says that while he {the son} was yet *a long way off* {get those words} his father saw him {the father was looking and longing for his 'lost son'} and was filled with compassion. The father *ran* in view of the village, and threw his arms around his neck and kissed him to accept him fully and prepared a great feast. That is our picture of God's response to us. He is expectantly watching for your return.

There is great rejoicing when we come to or come back to our Heavenly Father. We in L.I.F.E. Recovery want to be imitators of God, "just like little children." It may feel like you're a little boy, or girl, who has just come on the bus or into the lunchroom or onto the playground, and you may be expecting to be rejected or at least ignored. Instead, someone rushes over to greet you! All of us have been where you've been. We understand your pain and your fears. We're glad you've come. God prepares hospitality like a feast. We can't prepare a literal great feast, but we can go to coffee later.

Many of our stories are very much like that of the Prodigal Son, and yet each will be very different in detail according to the experiences of our life's journey. Our results will depend on our choice to either face or hide from our past, present, and *expected* future consequences of our dependencies. For some, the pain of our past is more than we are equipped to manage successfully, so we hide from the pain of life we experience in the present. Trauma is a term we apply to painful experiences that overwhelm our physical, mental/emotional, and spiritual resources. *Acute* trauma is brief, less than four weeks, and we are able to regain our physical, mental/emotional, and spiritual 'footing' and return to a healthy life-style within a brief period of time. When the traumatic event, or events, persists beyond four weeks, we begin our search for relief from sources outside of ourselves, resorting to illicit drugs, alcohol, gambling, relationships, sex, work, or some other activity in which we can "lose ourselves" and "avoid the pain of living."

Eventually we find ourselves trapped in routine behaviors that are no longer working for us. It is for such a person that L.I.F.E. Recovery was given its vision and mission; to develop resources that help you find peace, and assist you with regaining "your footing" so as to return "home" to healthy living; physically, mentally and emotionally, and, most of all, spiritually ("What does it profit a man if he gains the whole world, but loses his own soul?" Matthew 16:26).

In a book entitled, *Ghosts from the Nursery*, the authors present extensive insight into the effects of early trauma experiences (physical, emotional, environmental) upon early development (the first 33 months – gestation to age 2) that have lifelong consequences, and to which we react (note that word as compared to "respond") without conscious awareness. Another purpose for the first

assignment exercise is to *begin* processing the awareness of our root issues, family systems or family of origin work, to answer the question, “Why do I do the things I do?”

This impact on our present behaviors makes it necessary to take a deep look at your history and answer the question, “How did I get here?” If you were taking a long road trip and found yourself “lost,” wouldn’t it be prudent to first identify where you are and where you want to go, as well as how you got lost so you could plan an effective and efficient correction to your travel plans? We need to apply the same principle in planning our journey to healthier living.

We have to come to terms with the pain in our lives. We admit the pain to ourselves first, then admit our pain to God and then admit our pain to others. Sharing your pain with others is possibly the most difficult of all, but it is in safe relationships where we begin to heal and learn to speak the truth that our lives have become unmanageable.

Your first assignment is simply to get honest with yourself. We know that the greatest enemy of our being open and honest is silence; you have been deceived to think that silence has been your friend in the sense that your silence has enabled you to continue in your addiction to the behavioral choices that you have continually made to ease the pain of life. We also know how carefully you’ve guarded the secrets of your dependencies, habits, or behaviors. It’s hard to imagine letting your secrets out. These were your comfort, safety, retreat and reward. There are thoughts in your mind telling you, “No! You can’t talk about that. Someone will go running and screaming out of the room!” Or “You did what?” and turn away from you. We encourage you to confront those demons: those voices that have kept you shackled in your pain for too long.

We know your fears of shame and rejection because we are on a similar journey of learning to live in freedom every day. We want you to tell us how bad your pain and acting out got and what it was like to feel powerless over your life. Chances are that others in your group have done some of the same things, had some of the same feelings. There is nothing, certainly no behavior or habit, that separates you from the love of God. (See Romans 8:35) No matter what you’ve thought or what you’ve done, it’s time to come home to the heavenly Father who loves you and is longing for your freedom; He is waiting for you. (John 8:36: “If the Son makes you free, you shall be free indeed.” Romans 8:2: “. . .the Spirit of life in Christ Jesus has made me free. . .”)

The assignment that you are about to undertake will take great courage. It will seem to be a risk and a challenge. Don’t turn back now. Keep putting one foot in front of the other and head for home. The freedom you will experience in being in real community is worth all it will take to get there. (“Being confident of this very thing, that He Who started a good work in you will carry it on to completion until the day of Christ Jesus.” Philippians 1:6) Trust in Him to rush out to meet you and guide you when the going gets tough. He will provide for you, strengthen you, and welcome you home! He will work through your L.I.F.E. Recovery

Group when and if you let Him. You need the group, and the group needs you. It is in the safety of a L.I.F.E. Recovery Group that you can find your voice and learn to speak truth without fear. Welcome, you’re home!

## **Assignment One - Admitting Our True Condition**

Thus the journey begins. Every journey has a beginning. This one starts with identifying the condition we find ourselves in, developing some insight as to how we got here, affirming our wish to leave while seeing hindrances to our ability to leave, and focusing on the destination we wish to achieve. As you work your way through the list patterns will likely emerge suggesting that these behaviors have more control over you than you have over them, and your life has become un-manageable.

On the next page unhealthy behaviors have been variously divided into categories and groups of categories. As you look at these, note the behaviors that you have struggled with and to what degree, even if you were only involved with a particular behavior once. Try to remember how many times you have done each of these. You may have to estimate. No one remembers, for example, how many times they have masturbated or how many times they've spent money compulsively. State how often this most recently took place (once a day or more, once a week, and so on). Remember, not all use is abuse and not all abuse is dependency; our motivation is key to freedom. *Are we in the behavior to change our mood, relieve stress or prove our value?*



## **Journaling Exercise: Your Timeline History**

The purpose of this exercise is to eventually identify core beliefs that have developed over your lifespan; these core beliefs are foundational to decision-making processes and perceptions of your life experience and the behaviors that you have engaged in when having to manage painful emotions. I would suggest the use of a loose-leaf binder so that your history can be edited as you research among family members the time frames for which you have no recall. This is merely a suggestion; use a resource that will create the greatest comfort and ease for you. Also, this is not an overnight or one-sitting experience. Pace yourself, and take your time. Let this experience 'unfold,' not 'blow up in your face.'

To begin, describe your earliest life experience. (Age, What happened? with whom?)

Identify feelings associated with this experience (both while in the experience and, in a separate paragraph or paragraphs, your current emotional state as you reflect on the experience about which you are writing).

What did you do about those feelings during this experience about which you are writing?

What do you want to do about those feelings right now?

Journal the next experience that you can recall, using the above format.

Continue building your timeline, as you are able. If this becomes overwhelming – STOP. Discuss your experience with a counselor or with a trusted friend. This is not intended to be a re-traumatizing event.

## **Journaling Exercise: Your Consequences**

When our attempts to fix our own problems our way begin to create problems of their own, we call these additional problems **negative consequences**. But sometimes we experience positive consequences from fixing our problems our own way, too. I invite you to be honest with yourself about the benefits of some of your negative behaviors; after all, the benefits were the ‘rationale’ you used to continue in these behaviors. Ultimately, you will need to say, “Goodbye” to these old coping behaviors. This, of course, will likely add yet another painful experience to your lifetime experiences. But just like the person who has surgery to remove a cancer, we understand that things sometimes get worse before they get better.

### **Positive benefits of negative behaviors:**

Consider the following areas of your life:

Physical	Spiritual (your relationship with God)	Legal
Emotional (feelings)	Family	Financial
Mental (thinking)	Social	Vocational

### **Negative consequences of negative behaviors:**

Consider the following areas of your life:

Physical	Spiritual (your relationship with God)	Legal
Emotional (feelings)	Family	Financial
Mental (thinking)	Social	Vocational



## L.I.F.E. Guide Principle & Assignment GRID

	1 Unmanageable	2 Surrender	3 Confession	4 Accountability	5 Responsibility	6 Fellowship	7 Vision
<b>Principle</b>							
<b>Assignment</b>	<b>Assignment 1: True Condition</b> List Coping Mechanisms; Journal Coping History; Journal Coping Consequences	<b>Assignment 2: Exploring Our Reluctance</b> Do you want to get well? Count the cost; What will you give up; Journal Feelings/Losses; Good-bye Letter; Journal Your View of God; Journal Healing Your View of God.	<b>Assignment 3: Admitting Our Darkness</b> Journal Your Deceit - Lying; Fear of being known; Courage	<b>Assignment 4: Accepting Accountability</b> List Potential Sponsors (Temp or Perm); Sponsor Contract; Formalize Commitments; Track Contacts; "I feel ____ about ____ because _____."	<b>Assignment 5: Assessing the Damage</b> Categories of Harm: Phys, Emo, Spirit, Financial: <b>1X</b> - List How Hurt Others Purpose: move away from denial, blame, self-pity) Nature of Damage; List Your Character Problem;	<b>Assignment 6: Practicing the Program</b> Inventory - Evaluate Daily Choices; Chart Daily Choices/Weekly/6 weeks	<b>Assignment 7: Telling Your Story</b> <b>6 WKS SOBRIETY:</b> 10 Minutes or 500/1000 Words; What it was like; What happened: What it's like now;
<b>Assignment</b>	<b>Assignment 8: Understanding Our Cycle</b> Stinking Thinking; Anger Inventory; Rituals, Feelings behind Rituals, Boundaries/Limits, Despair, Additional Behaviors; "I feel ____ about ____ because ____."	<b>Assignment 9: Surrendering Choices</b> Review Choices; Excuses; Bargaining; Manipulating/Control; Self-Sufficiency; Outline Total Surrender	<b>Assignment 10: Inventory</b> Confession of Sin/Offenses - Committed & Omitted (see Illustration 1 below for Inventory Stages & Categories)	<b>Assignment 11: Assessing Character</b> List Persons with Whom You're Angry; About what; Anger Related to Past Experiences; Share w/ Group; List Anger w/God: <b>1X</b> - Forgiving Persons; Lessons Learned; Your Fear;	<b>Assignment 12: Planning Amends</b> Journal: Your Motives; Your Plan (Direct & Indirect); List Who and How; Make Appointment to share with Sponsor & Group;	<b>Assignment 13: Changing Our Cycle</b> Express Gratitude to Circle of Fellowship; List: Healthy Disciplines for This Week; Reflect on Positive Changes; List Instances of Joy that Prove Healthy Choices;	<b>Assignment 14: Sharing Your Pain</b> Journal - Losses and Pain that has taught you to depend on God; List 4 people to share your story;
<b>Assignment</b>	<b>Assignment 15: Roots &amp; Desires</b> <b>3 MONTHS SOBRIETY:</b> Your Good Qualities, Your Family, Conversation w/Jesus, Trauma Reactions, <b>6 MONTHS SOBRIETY:</b> Your Fantasy, Your Themes, Your Desires	<b>Assignment 16: Hope in God</b> Imagination Exercise; Interacting w/God's Love and Grace; Talking & Laughing - Intimacy w/God; Passion to be known, loved & cherished; All other pursuits are false; Path is Surrender	<b>Assignment 17: Confessing Our Darkness</b> Find Someone of Spiritual Authority: <b>1X</b> - Confess All Areas; Reason for Timing: Expect to Accomplish?; Humility/Arrogance;	<b>Assignment 18: Cultivating Our Character</b> Empathy: Interview & Journal Wounds of Others; Practicing Empathy; Journal Affirmations; Journal from Scripture: Lk.6 (Love enemies, do good, build foundation); Mt. 7 (Don't judge, work on self, golden rule);	<b>Assignment 19: Living Amends</b> List Direct Amends; List Indirect Amends; <b>1X</b> - Make Amends (Direct & Indirect); List Those Who've Harmed You - Let go/Forgive;	<b>Assignment 20: Growing in Spirituality</b> Conversion-Discipline-Enthusiasm-Quest: Journal - Spiritual Accountability; Acts of Service; Commitment to Study Scripture; Spiritually Feed by Teachers, Tapes, Books; Music, Bible Study, Workshops/Seminars, Attending Worship;	<b>Assignment 21: Discovering Your Vision</b> Journal - Your family's mission for you; your encouragers and their affirmations; Your Passions; Your Experiences & Skills; your Lessons; When You Felt God's Pleasure; Your Legacy; Your Vision Statement;

**CAUTION: The time between the 3rd and 9th month is a dangerous time; one can become tired of disappointments, restrictions and all the hard work involved in recovery.**

Illustration - 1

Principle	Childhood	Teenage	Young Adult	Mid-life	Senior
Family					
Education					
Social					
Job					
Recreation					
Sexuality					
Spirituality					

Shaded Assignments indicate first time mentions so not to expect much of this process before this time.

Experts recommend 2-3 cycles through the L.I.F.E. Guide before progressing into the maintenance and service phase of recovery.



## **Forgiven Much Ministries – Executive Summary**

**Mission:** Founded in 2007, Forgiven Much Ministries is a Christ-centered training ministry called to mobilize and connect leaders for the purpose of planting and sustaining safe, core issue/trauma model recovery groups with a sexual addiction specialty that passionately disciple participants to serve out of their testimony.

**Sue Moore, S.A.S.,** a Sexual Addiction Specialist, addresses the ministry gap to sexually compulsive persons and their families. Over five years of fulltime ministry with leading experts in SA recovery suggests that isolation, a lack of addiction and recovery literacy, training resources and networking with likeminded individuals/ministries inhibit many from ministering out of their testimony to further disciple others.

**Strategic Partners:** The Christian Community: Church and lay leaders, Counselors, General Addiction and Sexual Abuse Recovery Programs, Pregnancy Centers, Anti-Sex Trafficking and Prison and/or Jail Ministries.

### **The L.I.F.E. Recovery Model - the Next Generation of Effective Addiction Recovery**

All of God's word is profitable yet not all Christian recovery models are equal. Although early 12 Step recovery programs were enriched by second generation Christ-centered materials, experience indicates these approaches lack an essential biblical core issue/trauma model focus, vital group crosstalk, the teaching of healthy intimacy skills and an intentional discipleship model to serve out of their testimony.

The biblical foundation of the L.I.F.E. Recovery Guide and its Core Issue Addiction Recovery (CIAR) principles simply directs participants toward the most effective work to escalate their recovery process. By revealing strongholds and proud arguments, better understood as core issues, participants uncover false beliefs that are raised up against the knowledge of God (2 Cor. 10:5).

- L.I.F.E. Recovery Guides teach participants to express feelings and to process pain in a specific and efficient manner that promotes accelerated healing. (See Principle Assignment GRID in the Sample Pack)
- Unlike other approaches, the L.I.F.E. Recovery Group process involves crosstalk, speaking into a life, discussions and "Iron sharpening Iron" biblical principles, each vital to implementing healthy intimacy skills outside of group.
- Finally, without uncovering and the healing core issues that drive the addictive condition and learning healthy intimacy skills, individuals continue striving with faulty belief systems and are prone to switch addictions.

### **Unique Service Provider:**

Online/Onsite Training and Conference Call Coaching make instruction easily available and direct to the Christian community. Previously accredited CEU conference materials taught by Sue Moore, compiled from addiction and recovery experts such as P. Carnes, M. Laaser, M. Ferree, R. Blankenship, D. Amen, Cloud & Townsend, A. Hart and others, bring a confidence of literacy necessary for planting and sustaining core issue recovery groups, in addition to the added value of networking with other Christian recovery ministries to strengthen local community efforts.

### **Credentials:**

- Certified Sexual Addiction Specialist by International Association of Certified Sexual Addiction Specialists
- Greater Orlando Human Trafficking Task Force - Founding Member and "Demand Reduction" Subcommittee Chair
- Trained under Johna Hale, M.A. and CEO/Co-Founder of L.I.F.E. Recovery International, on the methodology and principles of Dr. Mark Laaser, internationally known author and foremost Christian authority on sexual addiction recovery and author of the L.I.F.E. Recovery Guide series published by L.I.F.E. Recovery International.
- Sue Moore authored the L.I.F.E. Recovery Model, endorsed by Dr. Laaser and implemented by L.I.F.E. Recovery International, and also contributed content and edited manuscripts for the L.I.F.E. Guide for General Addiction and the L.I.F.E. Grieving Guide.
- U.S. Dept. of Justice - National Institute of Corrections, Thinking for a Change Certified Facilitator
- 2006 graduate of the SALT Institute developed by the late Greek Theologian Spiros Zodhiates of AMG International and Woodland Park Baptist Church, Chattanooga, Tennessee. WPBC is also Sue's home church and that of Kay Arthur, Precept Ministries.

**Goal:** To conduct FMM trainings that plant L.I.F.E. Recovery Groups for sexual/general addiction recovery and establish CIAR community training centers nationwide especially collaborating with the human trafficking movement.



## Endorsements for Sue Moore with Forgiven Much Ministries

"This letter serves as an endorsement of the person, character and abilities of Sue Moore. Sue worked with L.I.F.E. Ministries International (d/b/a L.I.F.E. Recovery International) from July 2008 - December 2012 in the position of L.I.F.E. Affiliate Program Director. Sue's vision and mission matched that of L.I.F.E. Ministries to pursue a multiplication strategy that delivered L.I.F.E. Guides and training materials to the body of Christ worldwide. Her devotion to the Lord's call is evident in her commitment to work in a volunteer position dependent upon the Lord to raise her support.

Over the years Sue has utilized her skills to develop program strategies and related supporting systems. As a speaker and trainer, she is articulate in core issue addiction recovery and has contributed extensive content and editorial expertise to the L.I.F.E. Guide for General Addiction and the L.I.F.E. Grieving Guide. In addition, God has graced Sue with networking abilities that have opened doors for many of L.I.F.E.'s collaborative partnerships, such as Dawson McAllister's Hopeline, Lighthouse Network, and Josh McDowell." - **Bob and Johna Hale, Co-founders L.I.F.E. Recovery International**

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"I have worked with Sue Moore in joint ministry efforts with L.I.F.E. Recovery International. Sue is a committed Christian and a dedicated and energetic worker. We support God's calling on her life." -

**Mark R. Laaser, M.Div., Phd, Faithful and True**

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"The work of Sue Moore is not one for the faint of heart. Sue is a focused, passionate, devoted, Christ-follower that is in the midst of an amazing journey. Her desire to promote and establish within faith communities L.I.F.E. Recovery Groups whereby the challenges of sexual purity can be navigated and addressed is inspiring. Her desire to bring support and help at the grassroots levels of a church in this highly-charged and difficult area is paramount to the modern church.

Sue's message represents the hope of the Scriptures for each man and woman who desire to live in the beauty of God's design for sexual purity. Her devotion to provide safe, faith-based environments for men and women who desire to seek freedom and healing from the damage of misguided and misappropriated sexual behaviors represents the strategic potential of the Church providing guidance and support to those very people. Sue's passion and message is one for all churches of all faiths. I whole-heartedly endorse the movement of God's message in Sue Moore." - **Berry Johnston, Pastor of C.A.R.E. Ministries, Discovery Church - Orlando, FL**

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"Since the beginning of our ministry Sue guided us throughout implementation of the Affiliate Program and was always available to answer our many questions and give us support. We thank Sue for her excellent work, patience, professionalism, and above all for the passion with which she conducts her work. Today, thanks to the training and support, our ministry has been able to reach many men and women in the Latino community." - **Jose & Yesenia Bido-[auditoriodelafe.com](http://auditoriodelafe.com) Miami, FL**

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"Christian 12 Step holds Ms. Moore in high regard as she demonstrates a commitment to ministry that is not easily duplicated in our current culture. It has been a distinct pleasure to have her as a consultant and partner in the mission of sharing the biblical approach to sobriety. It is without reservation that I strongly recommend Ms. Moore." - **Lonnie Earnest, Executive Director, Christian 12 Step Ministry, Inc.**

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"This letter, and the letters of others who have been unforgettably affected by Sue and Forgiven Much Ministries, have been written in hopes that other Christians, who have the ability and resources to change things, will come along side Sue, so that the Church will not find itself ill-equipped to minister to a great need in our country, and

within our own churches. There are so many people, who through lack of support, prayer, and education, are falling to the way side while their marriages and families are risking failure, often feeling isolated and embarrassed. The Church has a calling and an opportunity to rise to the occasion and minister to the great needs in our society. I believe the Church will grow, not by marketing appeal to the mass un-churched, but by genuinely loving a person." - **J. Williams, Colorado Springs, CO**

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"Sue's knowledge of L.I.F.E.'s product portfolio and client needs is without equal, she was a dependable member of the L.I.F.E. ministry team." - **Jerry Sinclair, Marriage Missionary & CXO of Faithful & True of Jacksonville, FL**

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"Following the L.I.F.E. Recovery Model has helped me to express myself and process pain in a healthy environment. I grew through listening to others and hearing about their progress with the Father. I have become more authentic, more empathetic and kind. Jesus is truly my redeemer and has restored me to Himself so gently in this atmosphere to desire to be better and not bitter toward God, myself, my spouse, children and others around me. What a great road map to healing various angles of our addiction and codependency! For me, my L.I.F.E. Recovery Group is true discipleship and I have complete freedom in Him in my emotional, spiritual and physical life now. AMEN!" - **Judith Albrecht, Atlanta, GA**

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"[The L.I.F.E. Recovery] conference was both enlightening and inspiring (even the 2nd time around)...It is a must for any leader encountering this growing epidemic..." - **Brian and Stephanie M. Atlanta, GA**

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"FMM's training is a great deal of useful information making the case for how important it is to address core issues in addiction. Addressing the symptoms is a model that does not work effectively for long term recovery. FMM's training also tells the story of sexual addiction; a problem, ironically, that in a sex saturated society is not discussed." - **Elizabeth Heffernan, Chattanooga, TN**

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"The FMM training increased my understanding of the cycle of addiction and how addressing core issues can lead to true healing. I am looking forward to using the L.I.F.E. Recovery Model to reach the homeless who are trapped in addiction. Sue Moore's professional guidance has been most helpful in equipping me for this ministry." - **LaDonna Guffey, LBSW, Chattanooga, TN**

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"I came out of the gay lifestyle, was trained, coached and mentored by Forgiven Much Ministries to facilitate a L.I.F.E. Recovery Group for Women and have been encouraged and equipped to start my own ministry to families affected by same sex attraction and individuals seeking recovery." - **Juli Behrends, Orlando, FL - Be Transformed Ministries**

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"Through FMM CIAR Training God turned a slight inkling to take His healing power to other individuals with my background and fanned it into a flame. It began to grow while participating in group and grew to lead me to my calling of becoming a Licensed Therapist and to inevitably get my PsyD in Psychology. God used FMM and my story to put my life on a trajectory of continuous healing for myself and others through sound Christian truths and proven counseling principles." **B. Reeves, Orlando, FL**